

My Cardiac Risk Factor Profile

Risk Factor	Desirable Level	My Level
Physical Activity Level	30-60 minutes of moderate intensity physical activity 5-7 days/week aiming for at least 150 minutes per week	
Nutrition	Eating 5 or more servings of fruits and vegetables daily	
Stress and Mental Health	Coping well	
Smoking	Smoke Free	
Blood Pressure	Less than 120/80mmHg for those with cardiovascular disease Less than 140/90mmHg for those without cardiovascular disease Less than 130/80mmHg for those with Diabetes	
Cholesterol Levels*	LDL: Less than 2.0mmol/L or more than 50% reduction Cholesterol/HDL Ratio: Less than 4.0mmol/L HDL: Greater than 1.0mmol/L Triglycerides: Less than 1.7mmol/L * for those with cardiovascular disease	
Diabetes	Fasting Blood Sugar: 4-5.6mmol/L 4-7mmol/L for those with Diabetes A1C (if diabetes): Less than 7% for most	
Waist Measurement Varies by ethnicity	North American: Men less than 40"/102cm; Women less than 35"/88cm European, African, Eastern Mediterranean, Middle Eastern: Men less than 37"/94cm; Women less than 32"/80cm South Asian, Chinese, Japanese, South and Central American: Men less than 35"/90cm; Women less than 32"/80cm	
Body Mass Index (BMI)	BMI of 18.5 to 25	

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Risk Factors You Can Change:

Physical Activity Level – Experts recommend 30-60 minutes of moderate intensity physical activity 5-7 days a week with a goal of at least 150 minutes per week to maintain or improve your health.

- Exercise within your recommended guidelines
- Add stretching, strengthening and balance exercises for a complete fitness program
- Make it fun, feasible and forever!
- Move more, sit less! Make active choices throughout your day

Nutrition – Making heart healthy food choices helps to slow the progression of heart disease.

- Fresh is best! Eat and prepare fresh whole foods, limiting salt
- Eat regular meals, every 4 to 6 hours and choose healthy snacks
- Include vegetables and fruit at each meal
- Include at least three food groups at each meal
- Choose healthy oils, like olive or avocado, more often

Stress and Mental health - Learning to deal with stress and your mental health in a positive way is an important part of keeping your heart healthy.

- Seek support from family, friends and/or a health care practitioner
- Be physically active every day to improve your mood
- Think about what strategies have helped in the past and use them again
- Practice breathing and relaxation exercises
- Challenge yourself to change the you are thinking about a problem
- Attend a stress management program

Smoking – Being smoke free means that you are not exposed to any tobacco smoke. This means you are not smoking as well as not being around other people who are smoking (second hand smoke).

- Set a quit date
- Ask for support from your health care professional, family and friends
- Identify your triggers
- Remove tobacco products from your environment
- Practice makes perfect – make your home and car smoke-free
- Call Smokers Help Line 1-866-366-3667 open 7 days per week; or visit smokershelpline.ca

Blood Pressure – BP is measured as two numbers, the first number is the maximum force of the blood pressure against the artery wall with every heart beat (systolic pressure), the second number is the force exerted between heart beats (diastolic pressure). Hypertension, or high blood pressure, most often causes no symptoms initially but increases your risk of heart attack and is the number one risk factor for stroke.

- Aim to be active most days of the week

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- See nutrition tips
- Refrain from smoking
- Aim for stress free living
- Limit alcoholic beverages
- Take medications as prescribed

Cholesterol Levels – Two types of cholesterol are important: LDL (bad cholesterol) and HDL (good cholesterol). Too much LDL can damage artery walls and lead to higher risk of heart attack or stroke. But the higher the HDL level, the more protected you are against this fatty build-up in arteries, known as plaque.

LDL

- See nutrition tips
- See physical activity tips
- Take medication if prescribed

HDL

- Avoid smoking
- See physical activity tips
- Take medication if prescribed

Triglycerides – are other fatty substances in the blood that can lead to build-up of plaque in the arteries.

- See nutrition tips
- Limit alcohol
- Take medication if prescribed

Diabetes – Managing your blood sugars well helps reduce your risk of further heart problems. The diabetic way of living is a healthy way of living for all!

- See physician and dietitian for further guidance
- See nutrition tips
- See physical activity tips
- Take medication if prescribed

Waist Measurement – Your body mass index (BMI) calculates the relationship between your height and weight. Most adults with a high BMI (overweight or obese) are at increased risk of developing health problems such as diabetes, heart disease, high blood pressure, gallbladder disease and some forms of cancer. People who store fat around their stomachs, as measured by an increased waist circumference, have a higher risk for heart disease and diabetes than those who carry it around their hips.

- Weight loss is an outcome not a goal
- Focus on setting healthy eating and physical activity goals
- See nutrition tips

For more information on managing risk factors visit the cardiac rehabilitation page on St. Mary's General Hospital website

www.smgh.ca